



Write On For Better Health!®

AN EXPRESSIVE WRITING COURSE

for adolescents and adults

with Barbara Burrows

*Doctor support encouraged **

**EXPRESSIVE
WRITING
MAY HELP
YOU WITH:**

PHYSICAL HEALTH

- high blood pressure
- fibromyalgia, headache, backache, neck and shoulder pain and abdominal pain
- tingling in the hands and feet and shortness of breath (*as in panic*), nausea, skin rash, itching
- chronic and/or intermittent pain

PSYCHOLOGICAL HEALTH

- stress, anxiety, excessive worry and depression
- addiction issues – alcohol, drugs, gambling, shopping, sex, TV, internet games
- hoarding issues
- anger issues

DIFFICULTIES IN LIFE

- concentration or learning difficulties at school/university
- work or relationship difficulties
- loss (*infertility, miscarriage, loss of relationship, marriage, family, loved one through death, home, job, etc*)
- mourning (when healing and growth seems hindered)

** Participating in "Write On for Better Health" may increase sadness, anxiety, depression or physical pain. In most cases, this is temporary and a positive indication. Ask your doctor if s/he will offer support if negative feelings become too intense to manage alone.*

www.barbaraburrows.com or 905-335-8803